

Mayo Clinic Minute

Health Risks of E-cigs

| Video | Audio |
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| Vivien Williams | People who choose to use electronic cigarettes may have questions about the products' safety. |
| Jon Ebbert, M.D. Nicotine Dependence Center Mayo Clinic | "There is an increasing body of literature talking about the risks associated with electronic cigarettes." |
| Vivien Williams | Research from UC San Diego shows e-cigarettes are toxic to the airways, cause inflammation, dampen the immune system and may make you more susceptible to bad bacterial infections. They studied this in mice. |
| Jon Ebbert, M.D. Nicotine Dependence Center Mayo Clinic | "I think we need to be very clear as clinicians that these electronic cigarettes have an unknown safety profile. They're not regulated by the Food and Drug Administration. They are not regulated by good manufacturing practices." |
| Vivien Williams | Mayo Clinic addiction expert Dr. Jon Ebbert says because e-cigarettes aren't regulated, we don't know exactly what's added to the nicotine. We don't yet know all of the potential health risks. |
| Vivien Williams | Research about the safety of e-cigarettes is ongoing. |
| | I'm Vivien Williams, and for more health news, visit the Mayo Clinic News Network. |